



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09275, Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water

Report Date: June 30, 2017 21:08 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.92 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 250g	1 fl oz 31.2g
Proximates						
Water 1	g	86.60	47	0.117	216.50	27.02
Energy	kcal	51	--	--	128	16
Energy	kJ	214	--	--	535	67
Protein	g	0.40	--	--	1.00	0.12
Total lipid (fat)	g	0.03	--	--	0.07	0.01
Ash	g	0.30	--	--	0.75	0.09
Carbohydrate, by difference	g	12.67	--	--	31.68	3.95
Fiber, total dietary	g	0.2	--	--	0.5	0.1
Sugars, total	g	12.47	--	--	31.18	3.89
Minerals						
Calcium, Ca 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	mg	13	51	0.429	32	4
Iron, Fe 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	mg	0.16	51	0.007	0.40	0.05
Magnesium, Mg 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	mg	14	51	0.312	35	4
Phosphorus, P 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	mg	9	51	0.245	22	3
Potassium, K 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	mg	132	51	4.466	330	41
Sodium, Na 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	mg	1	51	0.125	2	0
Zinc, Zn 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	mg	0.08	51	0.003	0.20	0.02
Copper, Cu 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	mg	0.045	51	0.002	0.113	0.014
Manganese, Mn 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	mg	1.049	51	0.063	2.623	0.327

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 250g	1 fl oz 31.2g
Selenium, Se	µg	0.1	--	--	0.2	0.0
Vitamins						
Vitamin C, total ascorbic acid	mg	12.0	--	--	30.0	3.7
Thiamin	mg	0.070	--	--	0.175	0.022
Riboflavin	mg	0.020	--	--	0.050	0.006
Niacin	mg	0.200	--	--	0.500	0.062
Pantothenic acid	mg	0.125	--	--	0.312	0.039
Vitamin B-6	mg	0.074	--	--	0.185	0.023
Folate, total	µg	11	--	--	28	3
Folic acid	µg	0	--	--	0	0
Folate, food	µg	11	--	--	28	3
Folate, DFE	µg	11	--	--	28	3
Choline, total	mg	3.3	--	--	8.2	1.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	1	--	--	2	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	6	--	--	15	2
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	10	--	--	25	3
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.01	--	--	0.03	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone) ¹⁶	µg	0.3	1	--	0.8	0.1
Lipids						
Fatty acids, total saturated	g	0.002	--	--	0.005	0.001
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 250g	1 fl oz 31.2g
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.001	--	--	0.003	0.000
18:0	g	0.001	--	--	0.003	0.000
Fatty acids, total monounsaturated	g	0.003	--	--	0.007	0.001
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.003	--	--	0.007	0.001
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.010	--	--	0.025	0.003
18:2 undifferentiated	g	0.006	--	--	0.015	0.002
18:3 undifferentiated	g	0.004	--	--	0.010	0.001
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

- ¹Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2005
- ²Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1995
- ³Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1996
- ⁴Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1997
- ⁵Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1998
- ⁶Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1999
- ⁷Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2000
- ⁸Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2001
- ⁹Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2002
- ¹⁰Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2003
- ¹¹Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2004
- ¹²Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1991
- ¹³Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1992

¹⁴*Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1993*

¹⁵*Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1994*

¹⁶*S.L. Booth, J.A. Sadowski, J.A. T. Pennington Phylloquinone (Vitamin K) Content of Foods in the U.S. Food and Drug Administration's Total Diet Study, 1995 Journal of Agricultural and Food Chemistry 43 6 pp.1574-1579*